

Grey Power

Whakatane District

Part of Your Future

June/July 2017, Newsletter

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June 30, General Meeting

Our next General Meeting will be held on Friday, June 30 at 1.30 pm, the venue will be the Liberty Centre auditorium, 65 Wairaka Road, Whakatane, 3120.

Our guest speaker for this meeting will be the **Hon Te Ururoa Flavell**, MP for Waiariki and Co- Leader – Maori Party. We envisage his presentation will be nominally thirty to forty minutes, followed by an opportunity for questions.

Due to the higher costs of hiring this venue, there will be a Gold Coin koha for all non-Financial Members of Whakatane District Grey Power Association; therefore, all members attending will need to show their current membership card; as such could all members who wish to attend please ensure their membership is current for the period April 1, 2017 through March 31, 2018 prior to attending this meeting.

When you are feeling dissatisfied and would like to go back to youth, think of algebra.

"Healthy diet" bad for older people

75-year-olds lose muscle mass on "healthy diet", leading to possible loss of quality of life.

Bread is an important protein for older people to help guard against muscle and mobility loss and deteriorating quality of life, according to a leading study about living beyond 80 in New Zealand.

Professor Ngaire Kerse, from the University of Auckland's School of Population Health, co-leads the study - known as LiLACS NZ - which measured food intake in octogenarians, establishing bread as a surprisingly important source of protein for that age group (ranked only after meat and milk).

Bread is often demonised in diets and health-conscious conversations everywhere, says Professor David Cameron-Smith, whose own new research highlights just how vital protein-rich food is for elderly people.

Yet the so-called "healthy diet" was not enough to stop a group of 75-year-old healthy men from losing muscle mass in a 10-week experiment.

It is, says Cameron-Smith, an oversight that helps to make people old before their time.

Cameron-Smith, professor of nutrition at the Liggins Institute, a much-respected research arm of the University of Auckland, is involved in ongoing research on the effects of nutrition in elderly people and says: "All our perceived wisdom on healthy diets largely comes from the 1960s, 1970s and 1980s, when the main focus was on heart disease and diabetes.

But the world has moved on now and, as we know, the population is ageing rapidly.

"What we discovered in our research is that the diet guidelines formed in those past decades do not cover the whole field. The world is shifting gear and an ageing population is transitioning into old age - but the diet guidelines we hold dear do not apply to older people," he says.

The key was protein; the trial measured what happened to the 75-year-olds when they were fed protein and other food groups in accordance with approved dietary guidelines.

"When older men consume a controlled diet containing protein at currently

recommended levels, an observable loss of appendicular lean mass [the muscles that, for instance, control movement] can occur in as little as 10 weeks.

"Higher protein diets may be needed to support the maintenance of muscle mass in older adults," says Cameron-Smith.

Research is continuing but he says the trial showed "the relationship between what is happening now [in terms of diet and health] and the 10-20-30 years before people transition into old age has simply not been considered. Baby Boomers, in this sense, are the forgotten generation."

Protein was vital in helping to maintain or build muscle mass, which helps mobility, which helps overall health and quality of life. Yet the research showed normal diet guidelines are simply not enough to stop old people losing muscle mass.

He says other population and health research is showing our most vulnerable people are the elderly who live alone and those in nursing homes or care facilities: "A lack of mobility can drastically alter quality of life - and impaired mobility is often the precursor of functional decline, disability and loss of independence."

That's where white bread comes in, though Cameron-Smith rates it third behind meat and dairy as a source of protein, adding: "We know protein does relate to health in this age group - and we have to think laterally or inventively about where protein comes from. A couple of slices of toast could help keep older people on the merry..."

Other research being undertaken by the institute and partners involves working closely with organisations like Fonterra, exploring the development of speciality proteins specially designed for older age groups, aimed at bone and muscle mass.

"That is important, not just for health reasons, but also for the New Zealand economy - so we can take the next step up the value chain and develop next generation products which apply to a specific segment or segments of the population.

"It's vital not just for New Zealand - global estimates are about 2 billion people will be aged 65 and over by 2050."

Cameron-Smith also believes in the power of other non-protein measures. We have yet to fully adopt, he says, the lessons of the Mediterranean diet, the French paradox [a low incidence of coronary heart disease despite a diet rich in saturated fats, diets in parts of Italy, some parts of China and Japan.

He believes cultures which practise eating together at meals produce healthier citizens: "They eat in a communal setting and I believe it is absolutely, fundamentally true they benefit from it. They eat more and more diverse foods; they seem to prosper from sharing food and being and talking together.

"What many people do here - teas on knees in front of television, well, that will slowly kill you."

Professor David Cameron-Smith – University of Auckland

Published in the New Zealand Herald

June 8 Meeting Review

Our guest speaker was the Hon Winston Peters, whom we're sure those of you who attended will agree, was an excellent speaker; this meeting was open to the public, and as those of you who were there would surely agree, we had a fantastic attendance, nominally 300 people! We sincerely hope that those who did attend really enjoyed Winston's presentation and question time, we felt the whole thing went extremely well, with some good questions raised.

We chose the Liberty Auditorium for this meeting as this venue seats nominally 400 people, so with the numbers that we had there, it certainly created a great impression of Whakatane Grey Power. Another great advantage of this venue is their superb sound system, which again we feel certain you will agree, is excellent, both Susan Anderson's introduction and Winston's presentation, were all crystal clear.

Rob Ross, did a slot on the morning show on 1XX radio, who also, along with the Whakatane Beacon sent along reporters to the meeting.

A Woman Takes her Duck to a Vet

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."



Fruit and vegetables more important than ever over 60



We all know getting our recommended intake fruit and vegetables is the cornerstone of a healthy lifestyle no matter what your age, but new research has shown older people – particularly older women – have even more to benefit from.

A recent study from the University of Sydney, which followed over 60,000 Aussies over the age of 45, has found that those who ate five to seven serves of fruit and veg each day experienced 14 per cent less stress than those who didn't. Even those who ate just three to four serves still had a 12 per cent lower incidence of stress than the control group.

"There's growing awareness in that what we put into our mouths is closely linked to our mental state," Dr Melody Ding, a researcher at the University of Sydney's School of Public Health, told AAP. Additionally, it was discovered that older women had a significantly lower risk of stress – 23 per cent less than women who ate just one serve a day, in fact.

"This study is among the first to report associations between fruit and vegetable consumption and psychological well-being separately for men and women," researchers wrote in the [*British Medical Journal*](#). "It is possible that there may be a true physiological difference between men and women, although a mechanism that could explain this difference remains unclear, or perhaps women more accurately report consumption of fruit and vegetables than men."

The findings came within weeks of [*another study*](#) from London's Imperial College, which suggested the recommended daily fruit and veg intake should be increased to 10 serves a day. This high level of consumption was found to decrease the risk of heart disease by 24 per cent, stroke by 33 per cent, cancer by 13 per cent and premature death by 31 per cent.

Did You Know...

Water is used in rice fields to prevent weeds. Rice doesn't actually need that much water, but since it can thrive in such conditions, whereas weeds cannot, it's a natural protection against them.

The city of Melbourne in Australia was almost called "Batmania", after one of its founding fathers: John Batman

In New Zealand, every high school is entitled to 1 pound of uranium and 1 pound of thorium, for experimentation; however, there is a fine of \$1 million for creating nuclear explosions.

A man in Shaanxi, China, recently realized that the long-handled, blunt-ended object he'd been using for 25 years to crack walnuts was actually a live hand grenade.

Grey Power Electricity:

At the recent Federation AGM, one of the topics raised was that some members who have signed up for Grey Power Electricity, are in fact receiving their accounts direct from Pulse Energy, with the accounts named as Pulse Energy, and not from Grey Power Electricity.

If anyone is having this experience, please contact Pulse Energy direct and explain your situation, it is important you do this as you may well also be being charged at the standard Pulse rate and not the discounted rate for Grey Power members.

Pulse apologised for this error and have reimbursed the respective people, in some cases by quite substantial amounts.

So please check your accounts, if they refer only to Pulse Energy, call them and explain.

To steal ideas from one person is plagiarism; to steal from many is research.

The benefits of vitamin D & how to ensure you get enough in winter

With winter on its way, the days are about to get shorter and sunshine will definitely taper off. This means that as well as pulling out your woolly socks and cranking up the heating, you'll also need to be extra vigilant when it comes to getting your daily dose of Vitamin D.

Also known as the sunshine drug, Vitamin D plays an important role in keeping your body healthy. So how does it work? Basically, the body uses sunlight to convert cholesterol on the skin into calciol, aka Vitamin D3. The liver converts this into calcidiol, which the kidneys then convert into Vitamin D.

This is then used to perform a host of functions:

Vitamin D is a big regulator of calcium and phosphorus absorption, which is an essential part of maintaining healthy bones and teeth.

Some experts maintain that Vitamin D plays a protective role in arming the body against diseases like cancer, type 1 diabetes and multiple sclerosis. A daily dose of sunshine helps to support the immune system, which keeps winter colds at bay

As well as the immune system, Vitamin D helps protect the brain and nervous system. As an insulin level regulator, Vitamin D can help manage diabetes.

If you find yourself short of breath, Vitamin D can help to support lung function and cardiovascular health

Getting your daily dose

So how can you get your daily dose of Vitamin D? The good news is, it's easy. Just five to 10 minutes of sensible sun exposure, two to three times per week gives the body everything it needs to produce sufficient vitamin D.

You can also boost your count by stocking up on foods that are rich in Vitamin D. One of the most nourishing sources is cod liver oil, though you can also get a good Vitamin D fix from raw herring, raw maitake mushrooms, sockeye salmon, sardines, canned tuna and eggs.

If you take statins or other medications that inhibit cholesterol synthesis, liver function or kidney function, you'll need to be extra careful about soaking up enough sunlight. These types of medications can impair the synthesis of vitamin D, which means you may need to chat to your GP about taking supplements.

Did you know?

Despite its name, Vitamin D isn't *technically* a vitamin. Instead, it's considered a pro-hormone because the body is actually capable of producing its own source through direct contact with sunlight. In comparison, vitamins can't be synthesised by the body and must instead be consumed via food or supplements.

The good news is, you can do a bit of both! Make an effort to get your daily dose of sunshine, and back it up with a Vitamin D rich diet that will see you through the winter.

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Another Ism!!

It is extremely frustrating to realise that although New Zealand was the first country in the world to give women the right to vote, 19th. September 1893 to be exact, sexism appears to still be alive and flourishing 124 years later.

I am sure that you have all seen items in the business news that differentiate between how top business appointments are portrayed; for example:

Jane Smith, mother of three, was recently appointed to the position of CEO of xyz corporation. Jane was asked how she planned to combine family responsibilities with such a high-pressure position.

Compare this with:

John Smith was recently appointed to the position of CEO of xyz corporation. Mr. Smith was asked about his previous work at abc corporation and whether this would influence his running of xyz corporation.

Although the above are fictitious, we have all seen more than enough of similar interviews to be able to judge their accuracy.

When the two are compared it becomes obvious that the woman is being, not so subtly, put in the position of:

- a) Having to defend her choice to climb the corporate ladder and
- b) Being told that welfare of the family is her responsibility.

At the same time, the man is being praised for having successfully climbed that same corporate ladder. No questions are asked about his family responsibilities.

If you are still doubtful that sexism is rife, here are some examples from last week's news on line.

20.05.17 – Irish Independent
'Mother – of – four sues.....'

Newshub
'An Australian father' ..' (not father of two!)

The Hollywood Reporter

'Israeli Minister's dress stirs up controversy....' What has her dress got to do with ability to do her job???

With the elections looming, keep a close eye on how the electoral candidates are described. Are the men criticized for what they wear? Does the reporters tone of voice alter when they interviewing women or men? (this is particularly noticeable when the reporter is male) The change in voice and body language is very subtle – but watch for it, it's there.

By the way, I am not anti-male. I was happily married for over thirty years, and my best friend is male. What I am anti is being treated as though I am unable to understand 'male' areas, such as building, engineering etc.

As a thought provoking finale; Why are there no 'blonde' male jokes???

Susan Anderson - Secretary

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Prepared & Edited by Susan Anderson & Brian Newton

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